



# Give the Gift of Health

December 2007

## FUN FACT

No two snow flakes are the same - like people, each one is unique. All snow flakes have one thing in common though - they all have six sides.

Seek a new activity in the snow like skiing, sledding, or snow shoeing. Try to build a snow man or have a snow ball fight with friends.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Every day is a unique gift.</b>		<i>During the month of December, try to make every day special.</i>			1 
2	3 <b>I AM SPECIAL</b> When I hold 4 different stretches for 15 seconds each.	4 <b>I AM SPECIAL</b> When I dribble a ball 75 times with each hand.	5 <b>I AM SPECIAL</b> When I do 10 push-ups and 10 sit-ups. Again!	6 <b>I AM SPECIAL</b> When I sing Jingle Bells and march in place. Repeat.	7 <b>I AM SPECIAL</b> When I jog for 200 steps. Can you jog 200 more?	8 
9	10 <b>MY HEALTHY GIFT</b> Give yourself a pat on the back while you rub your tummy.	11 <b>MY HEALTHY GIFT</b> Give yourself the gift of creativity. Make up a dance.	12 <b>MY HEALTHY GIFT</b> Give yourself a healthy heart. Do three sets of 15 lunges.	13 <b>MY HEALTHY GIFT</b> Do 50 side to side jumps. Do 50 more just for YOU.	14 <b>MY HEALTHY GIFT</b> Do 2 sit-ups for every letter in "HAPPY HOLIDAYS."	15
16	17 <b>I AM SPECIAL</b> When I march 100 steps and then jog 100 steps in place.	18 <b>I AM SPECIAL</b> When I do 20 jump claps and then do 20 more.	19 <b>I AM SPECIAL</b> When I try to keep a balloon in the air for a long time.	20 <b>I AM SPECIAL</b> When I do one jumping jack for every day in December.	21 <b>I AM SPECIAL</b> When I do ten tuck jumps, rest, and then do 10 more.	22
23/30	24/31 <b>MY HEALTHY GIFT</b> Give your heart a workout. Jump, hop, or leap for at least 3 minutes.	25 <b>HAPPY HOLIDAYS</b>	26 <b>MY HEALTHY GIFT</b> Give your body a stretch using 4 different stretches.	27 <b>MY HEALTHY GIFT</b> Give your legs a workout. Do 20 karate kicks on each leg.	28 <b>MY HEALTHY GIFT</b> Give your arms some attention. Do 20 bicep curls on each arm.	29 